



The Martin News

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September 7, 2020

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Cindy's Flower Shop

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Time For Friday Night Lights



GO RAMS

**Worth vs Mitchell
Friday, September 11th
At Mitchell
7:30pm**

Dates to Remember

September

- 9th - Girls WCMS Softball vs Fitzgerald at 4:30 PM**
- 10th - Girls WCMS Softball vs Deerfield at 4:30 PM**
- 10th - Boys WCMS Football vs Thomasville at 5:00 PM**
- 10th - Girls Varsity Fastpitch Softball at Early Co. at 5:30 PM**
- 10th - Lady Rams Softball at Early at 5:30 PM**
- 11th - Worth County Rams Football at Mitchell County 7:30pm**
- 13th - Grandparents Day**
- 14th - Paint Class at the Margaret Jones Public Library**
- 14th - Girls WCMS Softball at Thomasville at 4:30 PM**
- 14th - Girls Varsity Fastpitch Softball at Lanier Co. at 5:30 PM**
- 15th - Girls Varsity Fastpitch Softball vs Berrien Co at 5:30 PM**
- 16th - Kiwanis Club Meeting at Noon**
- 16th - Girls WCMS Softball vs Early at 4:30 PM**
- 17th - WCMS Football at Fitzgerald 5pm**
- 21st - Girls WCMS Softball at Fitzgerald at 4:30 PM**
- 21st - Girls Varsity Fastpitch Softball at Tift Co. at 5:30 PM**
- 22nd - Girls Varsity Fastpitch Softball at Cook Co. at 5:30 PM**
- 23rd - Kiwanis Club Meeting at Noon**
- 23rd - Girls WCMS Softball vs Cook at 4:30 PM**
- 24th - Girls Varsity Fastpitch Softball at Fitzgerald at 5:30 PM**
- 25th - Worth County Rams Football at Rutland 7:30pm**
- 26th - Race Tifton 5k & 1 mile**
- 29th - Picture Day at WCHS for 9th - 11th grades**
- 29th - Girls Varsity Fastpitch Softball vs Early Co. at 5:30 PM**
- 30th - Kiwanis Club Meeting at Noon**
- 30th - Girls Varsity Fastpitch Softball at Thomas County Central at 5:30 PM**



November 3, 2020

VOTE



**APPROACHABLE ACCOUNTABLE
COMPASSIONATE CHRISTIAN**

LOCAL BUSINESS OWNER

43 YEARS OLD

1 Programs- I will develop programs centered around: depression, suicide, bullying, and water safety for our youth

2 Response Time- All calls involving the coroners office will be addressed in a timely manner.

3 Proper handling of paperwork- Any death certificates handled through the coroner's office will be returned to the prospective funeral home promptly.

4 Care Packet of unused toiletries from hotel stays to give to families that have lost homes to fire or storm damage and stuffed animal drive for kids who lose parents tragically or naturally

ELECT

CHARLES

G.

MCDONALD

**WORTH COUNTY
CORONER**





UNIVERSITY OF GEORGIA
EXTENSION



WORTH COUNTY 4-H

Welcome Back!

Who: 6th - 12th graders
When: Monday Sept. 21st 5:15-6:30 pm
Where: Sumner Room (Basement of Margaret Jones Public Library)

Please let Mrs. Kristen know you are coming. kpford@uga.edu or 229-344-2127

Please note that UGA/CDC COVID-19 safety guidelines will be implemented and followed. Masks will be required and temperatures will be checked.

Welcome Back Party Planned

Worth County 6th - 12th graders are invited to a Welcome Back Party on Monday, September 21st from 5:15-6:30 pm in the Sumner Room (Basement of Margaret Jones Public Library). We will play some games and enjoy being together after many long months. Please note that UGA/CDC COVID-19 safety guidelines will be implemented. Masks will be required and temperatures will be checked. Please let Mrs. Kristen know you are coming so the proper plans can be made. kpford@uga.edu or 229-344-2127.

Source: Worth County 4H

Georgia Named Best State for Doing Business



For the 7th year in a row, Georgia has been named the “Best State for Doing Business” by Area Development. This accomplishment is the work of countless local mayors, county commissioners, chambers of commerce, and business owners across the state, as well as Governor Kemp, his entire economic development team, and our state lawmakers. In July alone, Georgia attracted \$574 million in new investments and created 3,629 jobs across our state, and I know our state’s pro-business policies will continue to create growth and new opportunities in every corner of our state.

Source: Congressman Austin Scott

Falling Into Hat Month

September is National Fall Hat Month. What a great time to have a reason to buy a new hat. Records show that Fall is the second leading time to buy hats. Everyone likes to get ready for Fall and Winter by buying new hats, boots, scarves and gloves. I love wearing the cutesy hats. I see many girls wearing baseball hats. Which ever one is your favorite be sure to get it...Fall is here!



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Healthy kids:



Snacking Made Easy

Snacking is very important to many children . That is not necessarily a bad thing. Snacking on nutritious foods can help your child curb hunger throughout the day while providing energy and important nutrients. Providing healthy snacks for kids doesn't have to be hard or dull. Start by keeping junk food out of the house. Your child will be less likely to ask for these foods if they are not around. It is also important to set a good example by choosing healthy snacks for yourself. Whole-grain foods such as whole-grain pretzels and cereals are an easy, tasty snack that is also filling and provides energy. Fresh vegetables with fat free ranch dip and fresh fruit with yogurt dip can add color and variety to your child's snacks. Offer frozen fruit bars, frozen yogurt or low fat puddings to satisfy your child's sweet tooth. Restrict eating to certain areas, such as the kitchen table or bar. Avoid connecting eating with screen time. This will save your child wasted calories from continuing to eat once full without even realizing it. Get your child on board – allow children to help prepare their own healthy snacks! Teaching your child to make healthy snack choices now is the first step toward a life-time of healthy eating. For more information on healthy eating, visit www.mayoclinic.org.

BASF Plans \$70 Million Expansion, 30 New Jobs At Sparks Plant



BASF chemical company plans to invest \$70 million and hire 30 new employees at its Cook County plant to manufacture crop seed coatings. The facility on Highway 41 N. in Sparks, which opened in 1984 and currently has 145 employees, will be expanded to include more lab space, a climate-controlled warehouse and a formulation unit. It will make seed coatings for corn that include an insecticide, a bacteria that protects against

roundworms, and another bacteria that increases nutrient absorption. The plant will also make a seed treatment that protects soybeans against a deadly fungus and roundworms. The production investments will provide needed solutions for farmers while contributing to the economic development of local communities, BASF said in a press release. “This expansion not only provides benefits to our customers, but to our community as well,” said Mark Wolverton, Sparks site director. “BASF has been a proud supporter of our community for more than 35 years. We look forward to employing local residents from Sparks and the surrounding areas, and continuing to contribute to the economic well-being of our region.” BASF plans to begin hiring late this year, with the expansion becoming fully operational by the third quarter of next year.

Source: Tifton Grapevine



Tifton Man Gets International Award For Amateur Radio Service

A Tifton man who has been a ham radio operator since 1955 has received an international award for his long service to a worldwide ham-radio organization. Jim Hardy, a computer programmer, recently was given the 10-10 International Presidents Award. The 10-10 organization (10-10 represents the 10-meter shortwave radio band) is an organization of amateur radio operators dedicated to maintaining high levels of radio communications on the 10-meter band. I wasn't expecting this," Hardy told the Tifton Grapevine. "Its been a surprise." 10-10 International has about 78,000 members worldwide. Every Sunday night, the Federal Communications Commission posts operators' new call signs. "There's a lot of vanity call signs," Hardy said. "I will download the weekly FCC updates and post them to update the users; I've been doing it 20 years." Hardy said he has also written a computer program for use on the radio band "to help keep track of information," which he sells to operators. With all the technological advances in electronic communications, some folks still use ham radio "just to talk to friends or for emergencies, like storms," Hardy said. "If the power's off, there's no Internet.

The biggest benefit of ham radio to everybody is its portable operation; it's self-contained." Hardy said he started in amateur radio in 1955 when he was a junior in high school. The late, Tifton radio station owner "Ralph Edwards gave me my start." In addition to his lifelong connection to amateur radio, Hardy has also been involved in commercial radio, once owning WMGA radio in Moultrie. He still sells a computer program he first developed for commercial radio years ago that compiles a spreadsheet for each commercial that airs and creates an invoice that can be emailed as a PDF document. Hardy has also converted his software program "Traffic Light" for use at television stations. A graduate of what is now the University of North Georgia in Dahlonega and of Penn State University, Hardy has worked for NASA and has served in the U.S. Army in charge of the radio frequency measuring team. He was part of the team that determined the best location for the first satellites for use in Vietnam during that war.

Source: Tifton Grapevine

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Keeping Cholesterol At A Healthy Level

Children, young adults and older Americans can have high cholesterol. Learning how to prevent high cholesterol and knowing what your cholesterol levels means is very vital for your health. September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol. How many Americans have high cholesterol? More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease. Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke. High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

Yummy Snacks for the Fall



It is one of my favorite times of the year... Fall! There are so many things to do this time of year. So many things to enjoy. I love decorating for the fall. I love the fall colors so much. The orange, red, green, gold and browns are so beautiful. Besides decorating, I love to see the fun things that you can create in the kitchen. Check out the creation above. Children can enjoy these and they are pretty healthy. It seems simple...apples, peanut butter and marshmallows. Now is a perfect time to make them! Hope you enjoy them and Happy Fall Y'all!



Sylvester, Georgia

229-777-8333

- Available is a 4,000 sq ft gym that includes free weights, cardio equipment, & hydraulic machines
- Offered is Yoga & Fitness classes Monday - Thursday
- You can have 24 access available with purchase of key

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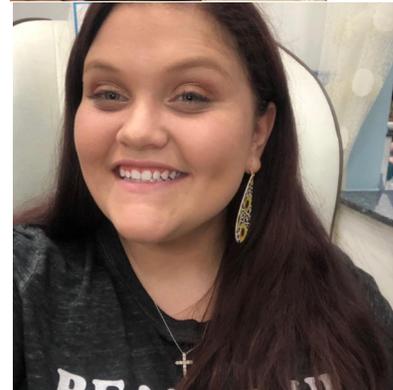
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Worth County 4-H'ers Attended Virtual Ambassador Training



Three Worth County 4-H'ers attended Virtual 4-H Ambassador Training. Hannah Fletcher and Gracie Howell will serve as STEM Ambassadors, leading STEM based activities in the county while Caiden Goldinger will serve as a Healthy Living Ambassador, leading activities focused on living a healthy life. The STEM Ambassadors participated in hands on activities including H2Olympics, Air Powered Cars, Pool Noodle Art Robot, and NASA Globe Observer. When asked about Ambassador training, Gracie said "I really enjoyed STEM Ambassador Training. At first, I felt unprepared and nervous for the year ahead, but now, after training, I'm super excited for this experience. I'm ready to grow my knowledge on all things STEM and teach others what I know. By doing this, I hopefully can install the same passion for STEM in others that is found in me. I cannot wait to start learning and sharing!" Hannah stated "STEM Ambassador Training gave me the knowledge to not only understand STEM more but also gave me the courage to be the best leader and role model I can be. I look forward to continuing my education and sharing what I have learned". During the Healthy Living training, ambassadors learned about how important it is to eat healthy and exercise. They also did an activity where they learned how to manage money when choosing healthy items. Caiden stated "I love being a healthy living ambassador. It has really made me open my eyes to how important it is to eat healthy and exercise. I can't wait to share my knowledge with others." Did you notice the patter that these ladies are looking forward to sharing the information they learn with our community? Pictured top left is Hannah Fletcher, top middle is Gracie Howell and left bottom is Caiden Goldinger.

Source: Worth County 4H



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